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Syracuse Orthopedic Specialists, PC

Patient name: _____

Date: _____

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Proximal Hamstring Repair**

Phase I: 0-2 weeks (1-2 visits per week)

- Non-weight bearing with crutches
- Brace at all times except showers
- Brace locked at 60° during ambulation and sleeping
- Brace unlocked to allow knee flexion to 90° when sitting
- Gentle knee PROM from 60° to full flexion
- MUST AVOID HAMSTRING STRETCH – HIP FLEXION / KNEE EXTENSION / COMBINED MUST BE AVOIDED
- Quad sets, ankle pumps, scar mobilization

Phase II: 3-4 weeks (2-3 visits per week)

- Remains non-weight bearing with crutches
- Brace at all times except showers
- Brace now locked at 30° during ambulation and sleeping
- Brace unlocked to allow knee flexion to 90° when sitting
- Gentle knee PROM from 30° to full flexion
- MUST AVOID HAMSTRING STRETCH – HIP FLEXION / KNEE EXTENSION / COMBINED MUST BE AVOIDED

Phase III: 5-6 weeks (2-3 visits per week)

- Advance to TTWB with brace locked in 0° extension
- Brace at all times except showers
- MUST AVOID HAMSTRING STRETCH – HIP FLEXION / KNEE EXTENSION / COMBINED MUST BE AVOIDED
- Brace now locked at 0° during ambulation and sleeping
- Brace unlocked to allow full knee flexion when sitting
- Gentle knee PROM from 0° to full flexion

Phase IV: 6-12 weeks (2-3 visits per week)

- Weight bearing as tolerated
- D/C brace
- Gentle hip ROM, may advance to full hip flexion WITH KNEE FLEXED AT ALL TIMES. Do not force!
- Stationary bike with minimal resistance →

- Gait training
- Core strengthening
- Non-impact balance and proprioceptive drills – beginning with double leg and gradually progressing to single leg
- Begin hamstring strengthening – start by avoidance of lengthened hamstring position (hip flexion combined with knee extension) by working hip extension and knee flexion moments separately; begin with isometric and concentric strengthening with hamstring sets, heel slides, double leg bridge, standing leg extensions, physioball curls
- Isolated hamstring resisted strengthening (e.g. machine leg curls...) begin at 10 weeks

Phase V: 12-16 weeks (1-2 visits per week)

- Continue hamstring strengthening – progress toward strengthening in lengthened hamstring positions; begin to incorporate eccentric strengthening with single leg forward leans, single leg bridge lowering, prone foot catches, and assisted Nordic curls
- Movement control exercise beginning with low velocity, single plane activities and progressing to higher velocity, multi-plane activities
- Hip and core strengthening
- Impact control exercises beginning 2 feet to 2 feet, progressing from 1 foot to the other and then 1 foot to same foot
- Initiate jogging drills, but no sprinting until Phase VI
- Cardiovascular Exercise: biking, elliptical machine, Stairmaster, swimming

Phase VI: 16+ weeks (1-2 visits per week)

- Continue hamstring strengthening – progress toward higher velocity strengthening and reaction in lengthened positions, including eccentric strengthening with single leg forward leans with medicine ball, single leg dead lifts with dumbbells, single leg bridge curls on physioball, resisted running foot catches, and Nordic curls
- Running and sprinting drills
- Hip and core strengthening
- Continue impact control exercises beginning 2 feet to 2 feet, progressing from 1 foot to other and then 1 foot to same foot
- Sport/work specific balance and proprioceptive drills
- Stretching for any residual muscle imbalances
- Cardiovascular exercise: replicate sport or work-specific demands

Special instructions: _____

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